



# Including Peer Mentors in a Treatment Court Environment

October 2018

# Montana Statewide Drug Court Conference



Juliette Mackin  
Steve Hurd

October 2018

# PEER SUPPORT MODELS

---



- Substance use disorder is a chronic health condition which is manageable through a continuum of care
- Recovery oriented approach and person-centered
- Comprehensive menu of coordinated and individualized services and supports

# PEER SUPPORT MODELS

---



- Ongoing monitoring and check-ins lead to
  - more frequent and quicker return to treatment
  - more days of treatment
  - fewer substance related problems
  - more total days of abstinence

# LIFE IN RECOVERY

1

*HEALTH*

3

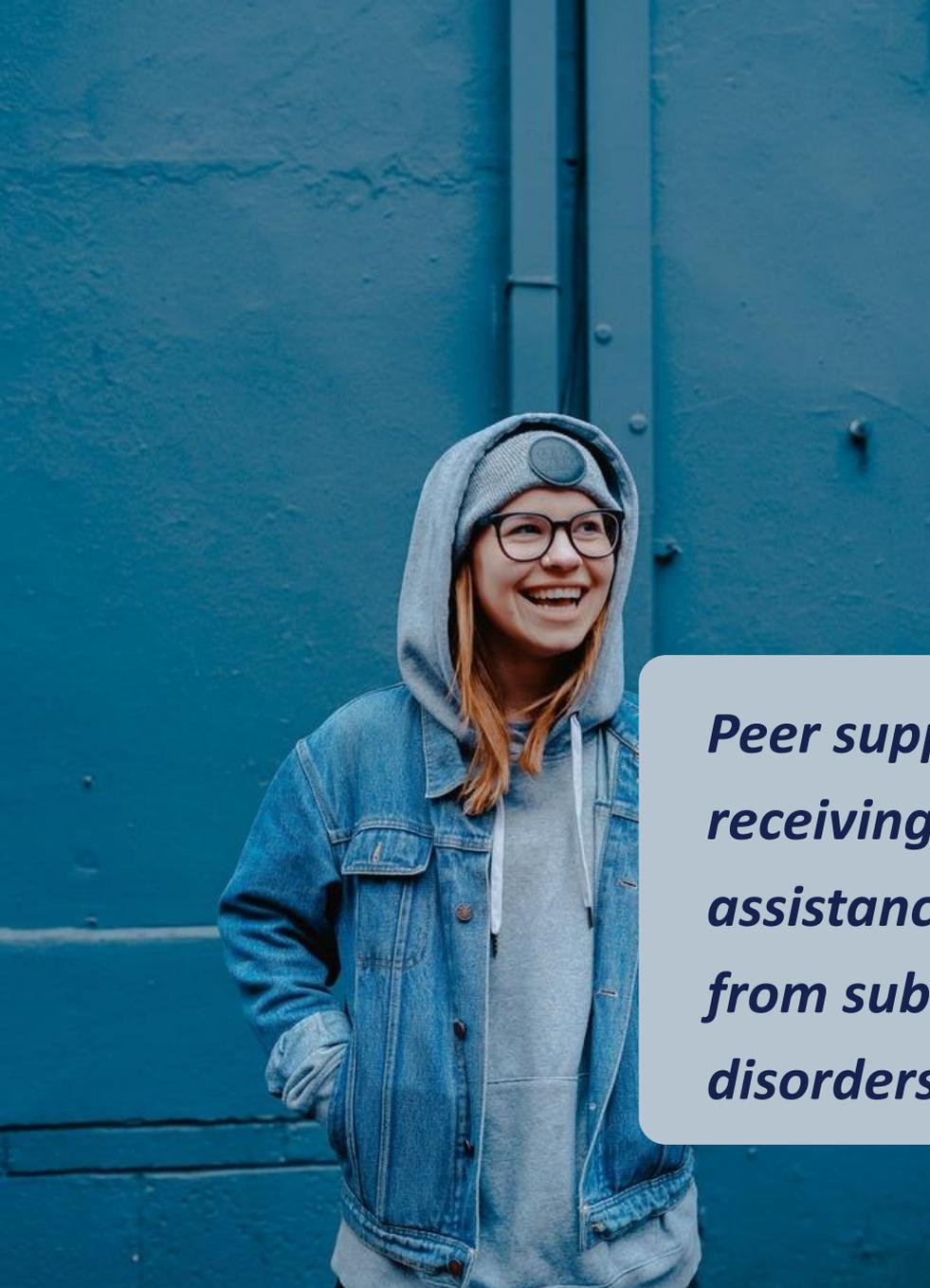
*PURPOSE*

2

*HOME*

4

*COMMUNITY*



## ***Peer Support***

Provided by trained peers who have lived experience to assist others in initiating and maintaining recovery

***Peer support is the process of giving and receiving nonprofessional, nonclinical assistance to achieve long-term recovery from substance use and mental health disorders***

# Key principles

- Shared responsibility
- Mutual agreement of what is helpful



# Activities

- Advocacy
- Linkage to resources
- Sharing of experience
- Community and relationship building
- Group facilitation
- Skill building
- Mentoring
- Goal setting



# Format

- One-on-one services (e.g., peer recovery coach)
- Group settings (e.g., recovery housing)
- Social activities
- Web or phone calls



# Settings

- Recovery community centers (educational advocacy, sober social activities)
- Churches/faith-based institutions
- Recovery homes/sober housing
- Jails/prisons
- Probation/parole programs
- Drug courts
- Health/social service centers
- Addiction/mental health treatment agencies



# What peer support is NOT

- Mutual aid recovery support (like AA or NA, or Smart Recovery)
- Treatment
- Trained peers (i.e., peers typically have no formal training)



# Research findings

---

## *Benefits to participants*

- Increased engagement in treatment services
- Increased satisfaction with treatment services
- Decreased substance use
- Decreased hospitalizations
- Improved health and quality of life

# Research findings

---

## *Benefits to participants*

- Increased engagement in community activities
- More stable housing and employment
- Lower levels of alcohol and drug use
- Decreased criminal justice involvement
- Reduced re-hospitalization rates



# Research findings

---

## *Benefits to mentors*

- Increased:
  - Confidence in their capabilities
  - Ability to cope with the illness
  - Self-esteem
  - Sense of empowerment and hope



# Research findings

---

## *Benefits to treatment providers*

- Opportunity to see individuals with mental health or substance use disorders function in effective social roles

## *Benefits to the community*

- Cost savings: decreased use of ER, shorter hospital stays, less use of detox

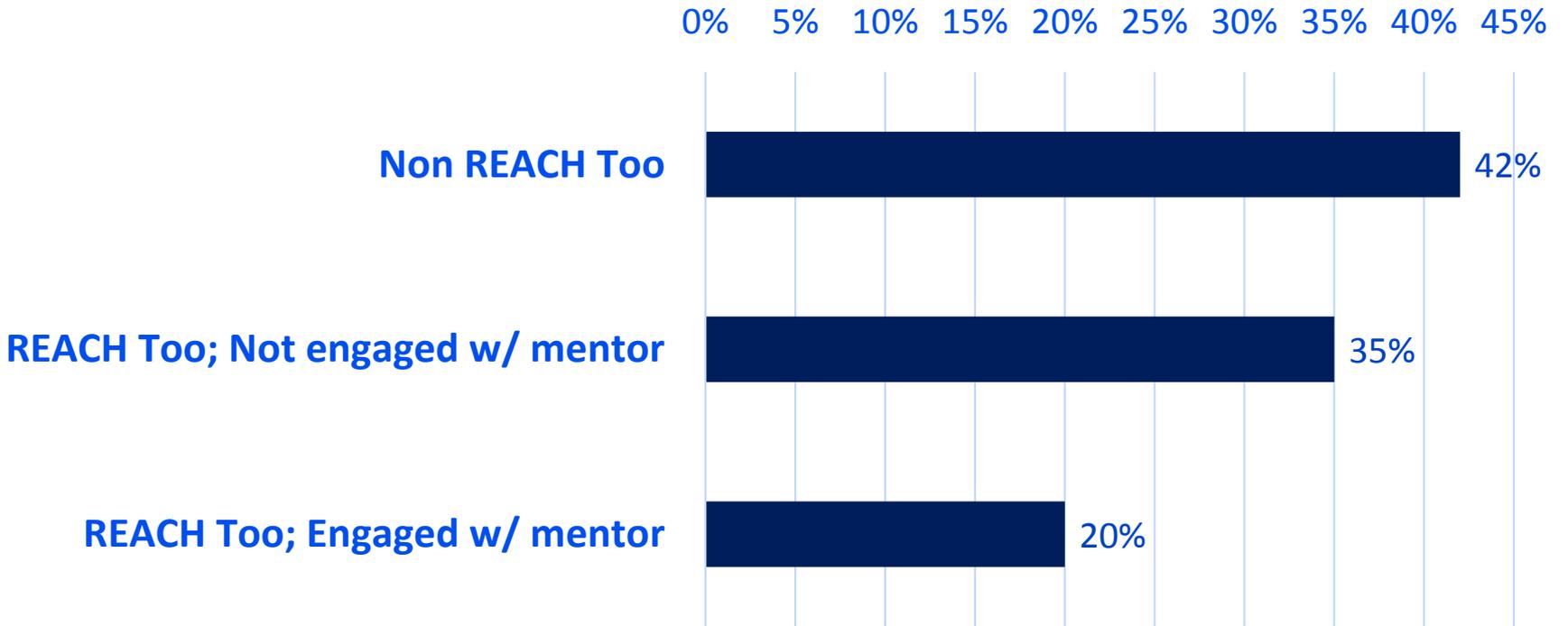




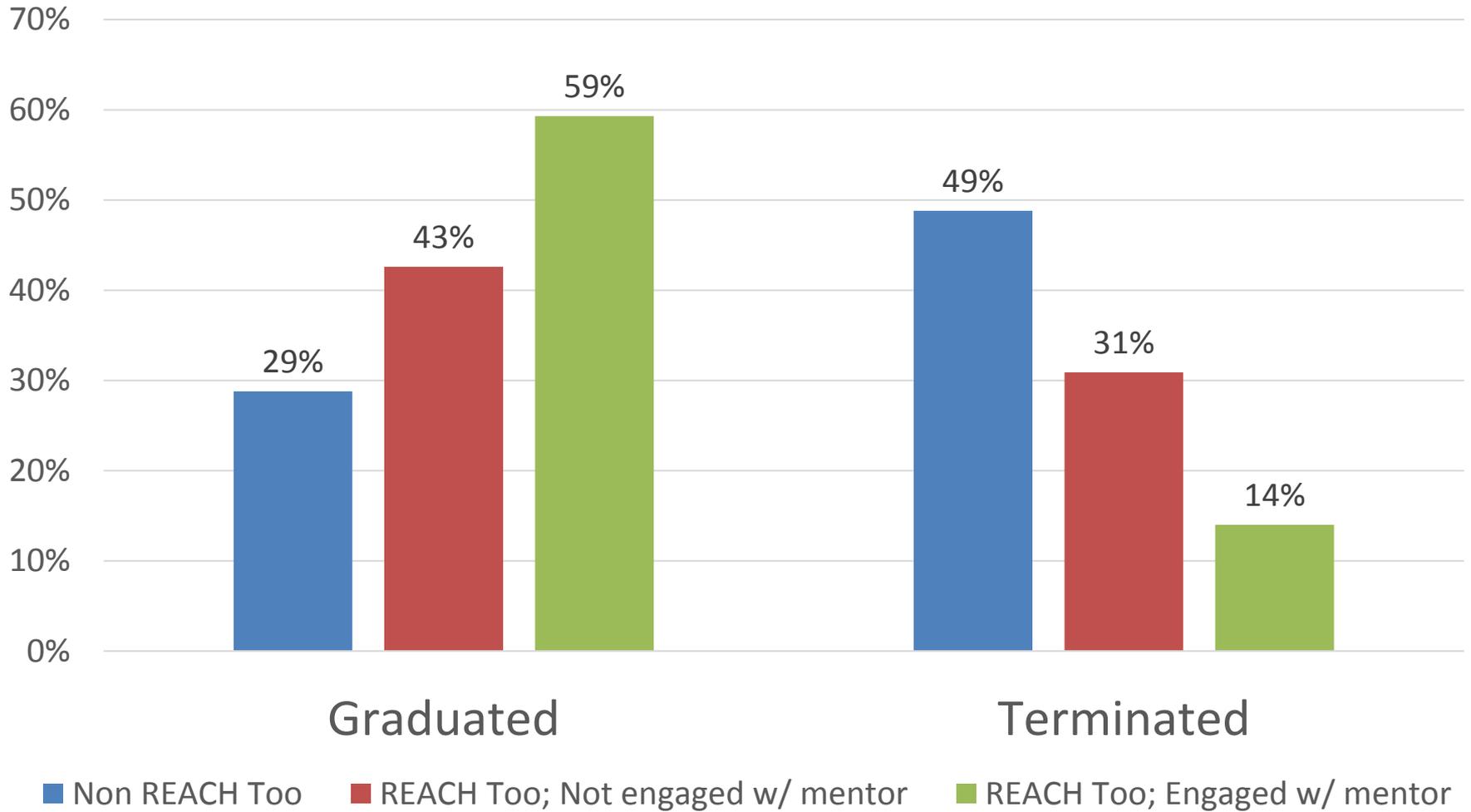
# Peer Mentors in Treatment Courts

REACH Too program, Clark County, WA

# REACH Too Participants had Fewer Positive Drug Tests



# REACH Too Participants had Higher Graduation Rates



# Lived experience

Being a peer mentor

# CORE COMPETENCIES (SAMHSA)

**1** *RECOVERY-ORIENTED*

**4** *RELATIONSHIP-FOCUSED*

**2** *PERSON-CENTERED*

**5** *TRAUMA-INFORMED*

**3** *VOLUNTARY*

[https://www.samhsa.gov/sites/default/files/programs\\_campaigns/brss\\_tacs/core-competencies.pdf](https://www.samhsa.gov/sites/default/files/programs_campaigns/brss_tacs/core-competencies.pdf)



## *Peer Support Specialist Certification*



- Must be in recovery at least 2 years
- 40 hours of training
- 20 CEUs per year
- Background check: \$27.25
- Licensing fee: \$125 (annual)

***Montana's Peer Network***

***Jim Hajny***

***[jim@mtpeernetwork.org](mailto:jim@mtpeernetwork.org)***



# PEER SUPPORT SPECIALIST CERTIFICATION

## Information:

<https://https://mtpeernetwork.org/what-we-offer/peer-upport-certification/>

## Applications:

<http://boards.bsd.dli.mt.gov/bbh>

# Peer Support Specialists

## *Implementing positions*

- 1 hour of clinical supervision for every 20 hours worked
- Paid positions (generally \$12-16/hour in Montana)
- State reimbursement rate \$55/hour, which includes supervision
- 50% of hours are direct contact
- Training available for employers



# Questions or Comments?





# THANK YOU

For additional information, please contact

Juliette Mackin

[Mackin@npcresearch.com](mailto:Mackin@npcresearch.com)

503-243-2436 x114

[WWW.NPCRESEARCH.COM](http://WWW.NPCRESEARCH.COM)